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Wrestling takes nine to Nationals. See page 8

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Less work, less pay

Affordable Care Act limits students to 20 work hours per week during academic year

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Student workers on campus will need to be more cautious about the number of hours they work a week with the Affordable Care Act being implemented this year, Abbie Raum, student employment coordinator, said.

Student workers are permitted to work 20 hours per week during the academic year and 40 hours per week during the summer months and academic year breaks.

In simplest terms, The Affordable Care Act or ACA, put into effect in 2014, allows more people to afford and receive medical insurance.

U.S. citizens living in the United States are eligible and regardless of where they, there is a health insurance marketplace.

Every state has to set up a system where different medical insurance companies can post what rates they will charge. Companies also have to insure people at the same rate as everyone else.

"Per the ACA, Wartburg College will be required by the government to offer health insurance coverage to any employee working an average of 30 hours per week," Raum said.

"Wartburg College is required to adhere to the ACA per the healthcare reform law in order to avoid stated fines," she said.

In the first few years, there is a fee that all employers have to pay to the government. Employers will take all part-time workers and add those hours together to determine how many full-time workers it equals. That number is taken into account when the fees are due.

In order for the college to track the amount of hours students are working, a new policy will be put into place, as well as a new automated time and attendance system that will allow employers to observe student work hours in real-time.

"In 2014-15, resident assistants will be restricted to working eight hours per week on-campus beyond the scope of their RA duties," Raum said.

"Not only will this allow the college to better monitor the RAs' work hours, but we also hope that it will rejuvenate the role of our RAs by allowing our RAs to further focus on their job duties at hand."

Samantha Heinen works on Neumann Crew and is also an RA.

"I have not noticed a change in how many hours I work. However there are difficulties in the fact that during the weeks that involve shows, the crew is expected to work much more than ten hours," Heinen said.

The Student Employment Office is also continuing to monitor students' work hours each month as they are submitted.

Raum said that if students go over in amount of work hours, the Student Employment Office will notify both the student and his/her supervisor.

"There are a few students we will have to monitor closer than others.

"Some students are naturally gifted in managing their time and balancing an array of extracurricular activities in addition to their

▸ **Limited hours p. 2**

As a student employee of the Vogel Library, Miranda Powell could face restricted work hours next year. — **Ta'Mone Williams**/*TRUMPET*

Student teachers may face reforms

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The Wartburg education department feels having yearlong student teaching experiences would not be beneficial for Wartburg students, Assistant Professor of Education William Soesbe said.

Next year, both the University of Northern Iowa and Dordt College will experiment with yearlong student teachers.

If successful, the state of Iowa could possibly require yearlong student teachers.

Currently, Wartburg requires their students to teach for a minimum of 14 weeks at two different schools. For example, the first seven weeks is spent at one school, and the next seven is spent at another, Soesbe said.

"I would not sign my name on our graduates and confirm their completion of our program if I didn't think they were prepared to enter the field," Soesbe said.

In order for students to get into and stay in the Wartburg education program, they must have a GPA of 2.5 or greater, have no major course grade lower than a C- and pass the Praxis one test, which ensures that the students have basic reading, writing and mathematics skills, Soesbe said.

"Our scores are currently some of the highest in the state of Iowa, that we require students to obtain to get into our program," Soesbe said.

Once in the program, they are required to take a foundations course their freshman year, which requires students to start having field experience in their area of interest right away, Soesbe said.

"They work with a teacher to basically look at and experience education from a different perspective," Soesbe said.

Before they can student teach, they must pass the Praxis two test, which ensures that the students know the art and science of how to teach, Soesbe said.

Wartburg does a really good job of preparing students to teach through field experience, Pam Seehase, kindergarten teacher at Tripoli Elementary, said. Seehase has been supervising Wartburg student teachers for 13 years.

"When (Wartburg) students come to me, the cake is already made, I just help them put the frosting on top," Seehase said.

Extra experience is great to show prospective employers, but Wartburg is able to prepare students in far less time, fourth year elementary education major, Joshalyn Stout said. Stout is currently in her ninth week of student teaching.

"They (Wartburg) really show

▸ **Yearlong plan causes concern p. 2**

Student teacher Joshalyn Stout helps her kindergarten students in a class activity at Tripoli Elementary. — **Submitted photo**

Seniors pay it forward

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The Senior Gift Pledge and Challenge has raised over $300 toward its goal of $1,000, Laurie Everhardt, alumni/parent relations and annual giving associate, said.

Laurie Everhardt

What was started by the class of 1992 has a new fundraising goal set every year by the co-leaders. This year's leaders are Karly Cochrane, Kaitlin McElroy and Kyle Scobee.

"We wanted to set the goal high and decided to double the amount raised by last year's class, so we came to the number 1,000," Cochrane said.

Seniors who donate can designate where they want to see the money go to, Everhardt said. Donations can be designated to scholarships, different academic departments and co-curricular activities.

If no area is specified, the donation will be added to the Annual Fund, which Cochrane said Wartburg uses wherever the money is needed.

"I chose to donate because I knew that with a small donation I would be able to help an organization with some funds for next year even if it is a small amount," fourth-year Elizabeth Walker said.

The Severson Challenge donates an additional $50 to a person's first-time donation, Cochrane said. The money from this challenge will be added to the Annual Fund.

Along with collecting donations, a pledge campaign is taking place as well. Seniors who sign the U-Knight pledge are pledging to participate in the life of the college, promote Wartburg and provide for the school through financial gifts for the rest of their lives.

"As seniors, their time at Wartburg may be ending, but their time with Wartburg is just beginning. They are joining 21,000 plus alums around the world to keep Wartburg strong for generations to come," Everhardt said.

The goal for this year is 25 percent of the senior class, or 91 students. So far, 42 have signed the pledge, Everhardt said.

Everhardt said seniors should donate as a way to honor the experience they have had at Wartburg.

"Now as a class we get the opportunity to give back to this school that has prepared us to venture out into the real world," Cochrane said.

Donations will be accepted through the Senior Dinner on March 27.

Limited hours

◂continued from p. 1

academics. It is difficult to have to restrict their hours when our campus thrives on their dedication to their work and many talents they share in each of their on-campus jobs."

All services performed by students in positions funded through the Federal Work-Study program are exempt from the ACA, Raum said.

This exception was made in an effort to avoid interfering with students' financial air through work-study programs.

While most student employees will be subjected to these regulations, the restrictions on work hours will have minimal impact on students.

"I do know that Wartburg does not have any intention of reducing its student workforce or the student wage budget allocation at this time," Raum said.

"Wartburg College's 20-hour-per-week rule was implemented many years ago as a way to ensure the priority of academics as well as the availability of funds for all students," she said.

Student Senate Minutes

Corey Russell was awarded $200 and PRSSA was awarded $200.49 in supplemental funding for upcoming conferences.

Anne Duncan spoke to Senate about sustainability and upcoming transitions in Wartburg's waste system of garbage and recycling.

Congratulations to Clinton Omesa on being sworn in as a new senator.

Applications for Administrative Ombudsperson, Academic Ombudsperson and Executive Assistant for Diversity are available on the Senate website. Applications are due by March 7 at 5 p.m.

Let your senators know if you have any suggestions for campus-wide improvement projects.

Yearlong plan causes concern

◂continued from p. 1

you what it is going to be like in the real world, so that you can go out and make those choices and become the best teacher that you can be," Stout said.

Iowa got the yearlong idea from Arizona State University.

In 2010, Arizona State University started having their students teach at one school for an entire year.

Since then, their student teachers have been able to learn how to teach better and how students learn better, the university said.

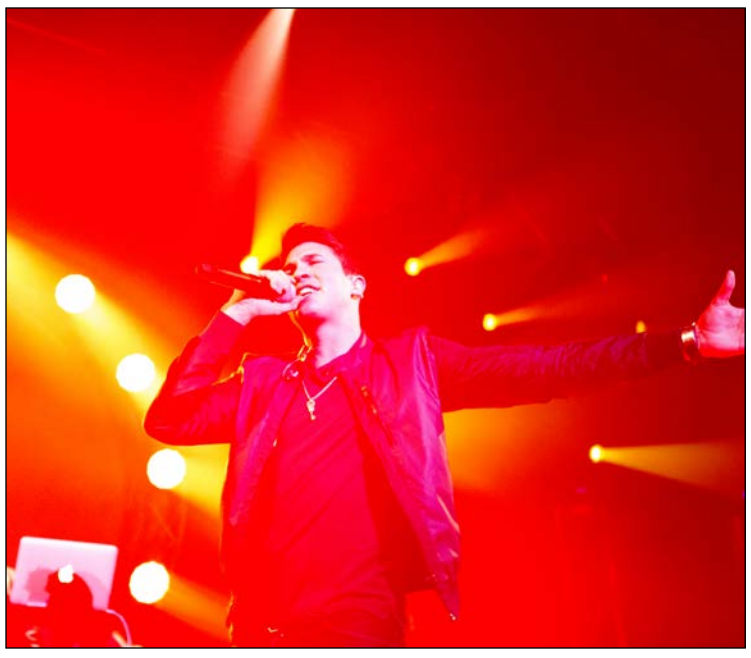
Student teachers that are in a classroom for seven weeks at a time do not receive accurate feedback on how kids learn better, Seehase said.

"It (yearlong student teaching) would be really awesome and beneficial for prospective teachers to be able to gain that extra experience and fully assess student data," Seehase said.

Some of the concerns with yearlong student teaching are the possibility of going to college more than four years.

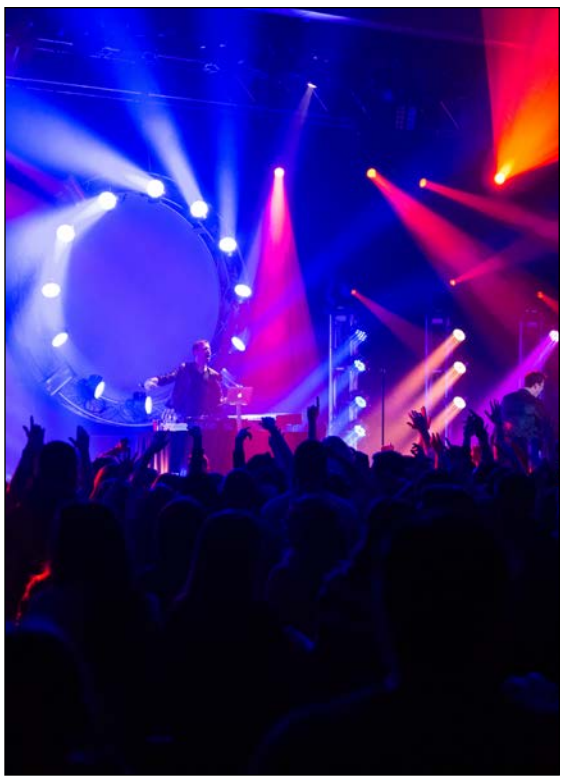
This would cause students to have a year's worth of lost wages and more money spent on tuition, Soesbe said.

"Teaching the classes, working with the students and supervising them when they are out in the field, I am confident that our students are prepared to teach upon successfully completing our program," Soesbe said.



The electric hip-hop pop musical group Timeflies performed Saturday, March 1 in Neumann Auditorium as part of the ETK Large Event series. Students heard covers and original songs from vocalist Cal Shapiro (pictured above and below) and his partner Rob Resnick. — **Wartburg Marketing and Communication**

Timeflies
when you're having fun



Queens to come to campus

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Preparations are underway for the annual Wartburg College Drag Show on Saturday, March 22, hosted by Wartburg Alliance.

Wartburg Alliance adviser Cassie Hales said newcomers to the drag show can expect a very accepting and open atmosphere when they step inside Neumann Auditorium.

"There's going to be such a wide variety of people there," Hales said. "There's going to be people that come to the drag show that I think someone from small-town Iowa may have never encountered. There's going to be people that are those strong LGBT activists and then there's going to be the woman who brings her kids."

Wartburg Alliance President Kate Huffman said the drag show is the group's largest fundraiser during Gayla Week which is dedicated to celebrating the Lesbian, Gay, Bisexual and Transgender (LGBT) community.

The money is raised both through ticket sales and tips audience members give to the performers during the show.

Alliance uses the proceeds to cover production costs, future project sand donations to local charities. The group raised more than $1,600 from the 2013 show.

Other events during Gayla Week will include Drag Bingo, a live reading by spoken word poet Kate Wirsing and another group event yet to be announced.

"We've figured some more entertaining aspects to mix in with the education portions so people don't feel like they're being lectured at but so they can actually have a good time," Huffman said.

Wartburg alumnus Schuyler Bieber will host the upcoming show under his drag queen persona, Charlotte Royale. This will be his fourth year performing during which he incorporates live singing and dancing.

Bieber said while he loves taking the stage wearing bold makeup and hand-made costumes, he loves seeing the diversity of people even more, including his own family.

"One thing that I really like is that my parents can come," Bieber said.

"It really shows that community and family gathering together so that they have something to connect with each other about."

Students performing in the Drag Show. The ninth annual Drag Show will be held on Saturday, March 22. —**File photo**

Waverly-Shell Rock Alumnus, Matt Schulz, will perform in Wartburg Alliance's Drag Show on March 22 in Neumann Auditorium. Schulz performed in the drag show for the first time last year. —**File photo**

Drag Show

When: March 22, 7:30 p.m.

Where: Neumann Auditorium

Cost: $5, $2 students

Fair helps students get ahead in job market

Wartburg hosted the Career, Internship, and Graduate/Professional School Fair Feb. 27. Students talked with representatives from over 50 organizations about full and part-time positions, internships, volunteer service and opportunities. — **Ta'Mone Williams**/*TRUMPET*

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Tanning ban heats up

Cathy Haut said she is thinking about removing her tanning bed from her business because of restrictions. Iowa lawmakers may possibly ban minors from tanning beds. —**Submitted photo**

JEANNE EDSON *NEWS EDITOR*
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Minors who use artificial rays to tan their skin could be facing resistance from lawmakers in Des Moines.

The state of Iowa is currently discussing a possible ban on tanning beds for those under the age of 18.

While the bill would ban anyone under age 18 from using commercial tanning devices it would also ask salons to post and hand out written warnings to customers about the heightened risk of skin cancer.

"It has been proven that the UV-A and UV-B that we all get from the sun and from tanning beds increase your chances of all different kinds of skin cancer, the most worrisome being melanoma," Megan McMillin, the physician's assistant from Noah Health Clinic, said.

McMillin said the younger the tanner, the more at risk they are for skin cancer later in life if precautions are not taken.

"Studies have shown that the more UV exposure we get when we are younger, the more at risk we are," McMillin said.

For Plainfield salon owner Cathy Haut, her business would take a hit if the ban was passed.

"It would affect my business because I would say about 25 percent of my customers are 18 and under," Haut said. "I get a lot of kids who tan for prom and spring."

Haut owns a home-based hair salon, Cathy's Country Cuts, and said enforcing the tanning bed ban would not be difficult.

"I know basically all of my clients and wouldn't have much of a problem knowing who was underage, which would maybe be more difficult for a larger business," she said.

Wartburg student Ali Schuetz works at Sun Tan City in Waterloo and believes adults make up the majority of the business's customers.

"It really isn't all that often that I see minors come in to tan, unless their parents are having them tan before a vacation or before school dances," Schuetz said. "You would think that minors bring in a big revenue, but that's not always so.

"We see more commitment from adults, especially in terms of buying our products, such as lotions, eyewear, etc. and paying for the better memberships."

An occasional tanner herself, Schuetz said if someone, whether a minor or adult, is making the decision to tan, they need to take the proper precautions.

"I think that often minors just want to come in and be tan," she said.

"Even though we read them the risks of tanning and have FDA signs in all our tanning bed rooms, I don't think they stop and actually think about what they're doing to their skin," Schuetz said.

McMillin said minors and adults should consider the other various options to cosmetically darken skin.

"There are lotions and spray tans, both of which can look natural and don't come with the dangerous side effects," McMillin said.

'12 Years' powerful, emotional movie

Film raises issues still important in today's society

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Since its first showings at film festivals, "12 Years a Slave" has garnered a strong following among film critics and was nominated for Best Picture at the Oscars, having already won big at the British Academy of Film and Television Arts and at the Golden Globes.

The film is an adaptation of a memoir of the same name. The book, written by Solomon Northup, tells of his abduction and sale into slavery.

Steve McQueen, the film's director, already has an impressive filmography. Even at just three films, which are mainly art-house films, his instinct for composition is unique with its formalist bent.

Furthermore, his continued subject (the body) as a site of commerce, disappearance and addiction, is better articulated here than in any of his previous films.

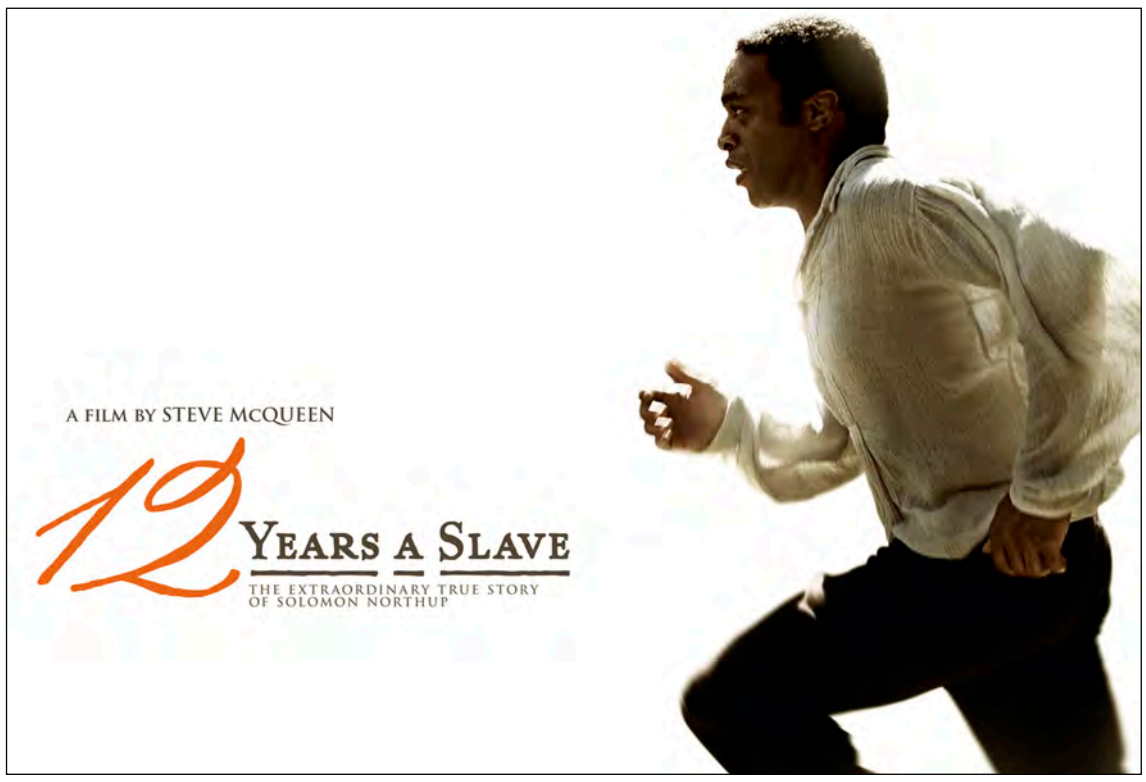
"12 Years" brilliantly displays McQueen's usually bracing "long-short" which adds to the horror of Northup's circumstances.

For those who see slavery as a distant memory, hardly relevant to our times, it is worth remembering that it is the callousness of human cruelty and the blatant disregard for the value of human life that is still with us today and which also allowed the institution of slavery to exist and to thrive.

In this respect, "12 Years" is unnerving in its determination to show, without censure and shame, the emotional and physical toll of slavery.

With each instance, it is galling to realize that the lives of African-Americans were of such little value that their murder and suffering didn't even arouse pity or shock.

More importantly, we are reminded that slavery asked blacks to efface their own humanity; to deny their own selfhood and to wear, instead, the mantle placed on them by their master.



— **Charles Kunene**/*TRUMPET*

This is powerfully evoked in the film when slaves are encouraged to never mention that they are educated or can read. In fact, they are often admonished about having these desires.

It is no accident that Solomon's name is the first thing that is removed from him as it is a significant part of erasing someone's humanity — by denying them the very rudimentary right to name who they are.

"12 Years" ends with Northup's reunion with his family and in that silence which bespeaks the passage of years, McQueen chooses to focus on his face upon which despair displays its contortions.

This transforms "12 Years" into more than a film. It is a live human exhibition asking us to grant Northup that which has been taken from him along with many others; which is that piece of humanity that all deserve, yet so few will ever know.

Choice Tweets

- In case you were wondering what the policies were for the Timeflies concert go check your email...about 17 times.
- The study rooms on the third floor of the library are so nice. Too bad I can't study because it feels like I'm in a sauna.
- Senior year: when three out of five of your classes are pass/fail and you realize you should have just graduated early.
- It's so nice to know that our air conditioning works. In February. When it's freezing outside.
- Thanks Wartburg Security for giving me a ride to the skywalks from the Manors just because you're nice.
- Classes should be cancelled on account of falling trees. But they expect us to dodge those, too.
- It's cold out. In other news, it's Thursday. Pretty repetitive cycle.
- One would assume the Wi-Fi is the best in the library...but nope.
- Haven't seen snow in about three hours, so that's a positive.
- Ice skated to class this morning and swam back to my dorm this afternoon.
- I would probably study more if the study rooms did not feel like the Sahara Desert.

Choice Tweets is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! You can also submit Choice Words on The Circuit at wartburgcircuit.org/choicewords. The Trumpet reserves the right to censor inappropriate and libelous comments.

Leave that wood alone

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Have you ever thought about wood in streams? Well you should!

One of my best Environmental Biology students recently asked if I'd write a Trumpet article, and so the topic was obvious. After all what could be more important than wood in streams?

It turns out wood affects almost everything that happens in fluvial systems (i.e., streams). Everything!

It creates things like: substrate for attachment of biofilms and macroinvertebrates, overhead cover for fishes and a visual barrier that increases carrying capacity, objects that interact with the fluid medium to create complex flow fields and localized sediment sorting and major roughness elements that can affect overall water levels and velocities.

Take my Aquatic Biology class to learn more.

How do I know all this? A large part of my Ph.D. work was studying wood in streams and my best research publications have been on that topic.

My former career was with Minnesota DNR doing fisheries work, and I know all too well that wood can be a contentious issue.

Dr. Eric Merten studies the effects of wood in streams. It generally improves the system to leave it, Merten said. — **Submitted photo**

This may seem crazy, but a lot of people actually remove wood from streams. Yes, really!

A couple excellent papers can speak to the issue. First is Piegay et al. (2005), which asked people from nine different countries to look at various photos of streams with or without wood.

Most people found streams with wood to be less aesthetically appealing, more dangerous and more in need of "improvement." To them, of course, "improvement" meant taking out the natural wood.

A follow-up study by Mutz et al. (2006) looked at one of the countries that didn't fit the trend though, where most people surveyed felt the streams with natural wood were better.

That country was Germany, and unlike most other groups the Germans surveyed were college students with coursework in water management.

See the point?

One of the great things about being a professor is you can be an agent for change, maybe even make the world a tiny bit better.

Whatever you learn about in all your own coursework, I hope you gain some nuggets that will help you do the same.

Trumpet

Produced weekly by students at Wartburg College, 100 Wartburg Blvd. Waverly, Iowa 50677

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Selfies: confident or conceited?

'Selfie culture' has psychologists questioning the effects the photos have on their takers

KRISTIN CANNING *EDITOR-IN-CHIEF*
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She holds her phone at arm's length and raises it slightly higher than her face. She looks up into the screen, making sure her face is framed in the camera lens.

The lighting is bad, so she shifts over on the couch. She strikes a pose, and taps her thumb on the screen. The fake shutter click sounds, and a selfie is born.

Libbey Schubert doesn't see anything wrong with snapping a photo of herself and posting it to a social media site like Instagram, Twitter or Facebook. She believes students that choose to take selfies, or photos of themselves, have more self-confidence than those who don't.

"I'll take them because I like the way I look, or I like my outfit that day. My family in Colorado likes to see how I've changed, if I've gotten my hair done," Schubert said.

"It's nice to get acknowledgement every once in a while that you're pretty," Schubert said.

Schubert isn't alone.

According to TeenVogue, over 80 million photos on Instagram have been hashtagged #me and over 31 million photos have been hashtagged #selfie.

A recent study by Pew Research Center found that 91 percent of teens have posted a selfie online. Oxford Dictionaries' Word of the Year for 2013 was "selfie."

Since "selfie culture" has become so popular, surging with the commonality of smart phones with front-facing cameras, psychologists have questioned the effects of posting selfies.

While Schubert doesn't see any harm in sharing photos of herself on social media, Director of Counseling Services Stephanie Newsom said it can have negative effects on students.

"Research is showing that with social media use like this, there is a rise in narcissism and a decrease in empathy for others from reading so much online without hearing emotion," Newsom said.

"It affects interpersonal skills, and that's a bad situation. It has an impact on our relationships," Newsom said.

For most students, selfies aren't conceited, Newsom said.

"It's so rampant that it seems normal," Newsom said.

"But it's up and down with feedback. You might get some good comments that boost your self-esteem, but then you might have a negative comment that plummets you in the other direction with negative self-worth. And those comments don't go away," Newsom said.

Schubert said she feels good about herself and flattered when she receives positive feedback from her selfies, in the form of social "likes" and comments. When things aren't so positive, she said it doesn't bother her at all.

"I'm like, 'I have haters,'" Schubert said. "Some girls might take selfies to seek acceptance. They might have low self-esteem, the ones that do it excessively."

For Newsom, selfies come in many different forms. She said they can be taken in a narcissistic sense, in an effort to receive feedback from peers, or as a way to document life events or everyday activities.

No matter the selfie, Newsom said they promote extrinsic motivation and reliance on others' feedback, which can be unhealthy.

Plus, students compare themselves to others when their peers are only posting their "highlight reel" on social media — giving an unrealistic look at their lives. She said there is also the danger of looking back on a selfie and regretting it.

Demetris Fambro snaps a selfie. "Selfie culture" has grown, with 31 million photos on Instagram hashtagged #selfie and 80 million photos on Instagram hashtagged #me. — **Kristin Canning**/ *TRUMPET*

"We see clients that are horrified of a selfie they took four years ago," Newsom said. "Developmentally you don't have that consequence maturity until you're 25, out of college."

For some students, the acceptability of taking selfies depends on the social platform.

Andy Bellamy only takes selfies as Snapchats, photos with text over them that automatically delete after a certain number of seconds.

Bellamy said Snapchats are about conversations with photos and conveying emotion.

"Instagram isn't conversational, it's like 'look at this and tell me what you think,'" Bellamy said.

Bellamy said other generations might see the "selfie generation" as self-obsessed, but he believes most people that do it simply have self-confidence about their appearance.

Karly Cochrane uses Snapchat and Instagram, but has never felt the urge to post a selfie to Instagram despite its popularity among her peers.

"I never really thought that was something I needed to do," Cochrane said. "There's such a thing as too much of anything on social media, and selfies fall into that. If it's too often it can come off a little conceited."

Newsom wondered if selfie culture might die down over time or be overshadowed by a new social media fad. Bellamy chuckled at the idea of a world with less selfies.

"As long as phones have front-facing cameras, it's here to stay," Bellamy said.

Asian Student Association hosted a night of relaxation

JESSICA GRANT *OP/ED EDITOR*
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You're a college student. More than likely, you feel a little bit of stress every now and then.

There's that lab report you need to finish, a group project meeting in 20 minutes, and a book report due for a book that you haven't even had time to start.

It might make you want to sit in the corner and cry.

However, the Wartburg Asian Student Association (ASA) has another solution: meditation.

"Meditation is beneficial to college students since they are often so busy and demand excellence in their work and grades," Kunihiko Terasawa, one of the faculty advisers for ASA, said.

"They often lose the inner center of their existence which connects them with the universe," Terasawa said.

ASA held a five-step meditation event on Feb. 22 in a Grossmann classroom.

Maneesha Gammana Liyanage, a member of ASA's team of executive leaders, said they had a turnout of around 16 people.

Students practice the art of meditation on Feb. 22 during an event hosted by Wartburg's Asian Student Association. This event walked participants through the five steps of meditation. — **Jessica Grant**/*TRUMPET*

Although this event is the first of its kind, Gammana Liyanage hopes to have more in the future.

"People said they don't get these opportunities very often, so we are thinking about having more soon," Gammana Liyanage said.

She said ASA organized the event because students learn about meditation in religion classes, but have no practical way to experience it on their own.

However, she said it is not necessary for people to be of a specific faith, or of any faith at all, to participate.

"While you're meditating you're not thinking about a god or philosophy. You're thinking about how to relax your mind from all the stuff going on around you," Gammana Liyanage said.

Joyce Boss, another faculty adviser for the group, said it's not about what students believe, but about how to rise beyond their usual habits of mind.

This is done through the five steps in the meditative process.

Khusboo Rana, who led the meditative session, said the first step is to listen to your body.

Next is listening to music.

The third step is listening to your mind.

Following that is deep meditation, which incorporates all of the preceding steps. The last step is to apply these practices to your life after you leave the room, he said.

Boss said when she first began meditating, she learned that the body hurts and the mind wanders.

"It's a lesson I re-learn with every meditation session, and it's a reminder to let go of ego and expectations," she said.

Gammana Liyanage said ASA hopes to hold more meditation events and said people should be open to the idea of trying something new.

It's a practice that has many benefits, she said.

"For me, meditation is a way to come back to basics: to remember that we human beings like to make life quite complicated, but that life is actually quite simple," Boss said.

Graduation is the beginning, not the ending

Leaving Wartburg means a new chapter in a graduate's life is about to start

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For Ashley Fisher, everything seemed normal that final week.

She got up, went to class, went to work, tried to focus on homework and hung out with friends for what could be the last time.

Fast forward a week and it was graduation day for the class of 2013.

While sitting in a hard folding chair with her black cap and gown adorned with colorful tassels and cords, Fisher said she felt a mix of emotions ranging from disbelief that she was old enough to be graduating to excitement about moving on to a job in science.

"I'm so nerdy," Fisher said.

For some students life after graduation may mean attending graduate school while for others it is finding a job or internship.

Others may take a little bit of time off and just figure out what they want to do with their life.

Preparing for life after college is not just for college seniors, TJ Warren, Pathways associate for Vocation and Mentoring said. He said it is never too early to start thinking about what to do after graduation.

If students are unsure of what to do after graduation, Warren encouraged them to talk to him or Derek Solheim, Associate Director of Pathways Center for Career Services. Advisers are also a good option if students need help, Warren said.

For those students interested in grad school after college, Warren said it is important to think about what type of graduate program a student wants.

This could be either theory or practical based. Theory or practical based programs often depend on the type of graduate study a student is looking into.

Wartburg alumna BreAnna Callese, class of 2012, decided to attend grad school after realizing that if she wanted to go far in forensic science or crime scene units she needed her master's degree in forensic science.

Callese said her desired career is working for the FBI, so a master's degree is necessary.

"To be honest, I was so tired and really just wanted a break. I realized though to have my dream career I needed more schooling and training in my desired field," Callese said.

Someone interested in grad school may have to wait until next year because most deadlines have passed or are coming up quickly, Warren said.

Another option for students after graduation is an internship.

"These are opportunities while you're young to really still do that search of vocation," Jo Dorrance, internship coordinator, said.

If this is something students are considering Dorrance encouraged students to look into Wartburg West's post grad internship.

Students who go this route do not pay tuition, but they do pay to live in the Wartburg West apartments, Dorrance said.

Dorrance said students need to make sure their résumé is balanced with not only experience through classes but outside experience as well.

This could be through a job, on or off campus, volunteering or extracurricular activities.

Ashley Fisher started working at 3M Co. in Minnesota in September 2013. This is her first job since graduating in May 2013. Fisher wishes she started looking for a job sooner than she did. — **Submitted photo**

Fisher wishes she would have started applying sooner than May Term.

"It took me a lot longer to find a job than I thought it would," Fisher said, who now works at 3M Co. in Minnesota.

Callese said that life since graduation has been surreal and that there have been ups and downs.

She is one of 40 people accepted into the program at Nebraska Wesleyan University and finished her first semester with a GPA of 3.9.

"I'm being selfish for the first time in my life and it's great," Callese said.

"I can honestly say I'm headed for greatness. It feels so good knowing that in a short time I'll have my dream job and knowing that I pushed through and made it there all on my own is the most gratifying feeling," Callese said.

Coffee: one part drink, one part social, one part wake-up call

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The humming and stirring of machines, deep, rich scents of coffee beans and the multiple voices of soft conversation make up the daily atmosphere of the Konditorei coffee shop on Wartburg College's campus.

Coffee customers of all ages can be seen throughout the shop sitting relaxed with hunched shoulders, eyes thinking of other things as they slowly sip from the Styrofoam cup of steam and hot liquid.

With the growing popularity of coffee drinks in college-aged students, the Konditorei attracts more than half the campus population, serving more than 200 coffee drinks a day, Abby Swancutt, Konitorei student manager said.

"I love coffee. It's basically my favorite," Chantal Knepper, a daily coffee drinker said.

"College students just have a lot going on nowadays with studying and cramming and coffee becomes our little treat," Knepper said.

Coffee, a European drink that eventually made its way to the United States, is now considered the third top traded commodity following oil, Jim Lee, duo's coffee shop owner, said.

After opening duo's four years ago, he said choosing a location across from Wartburg was a big plus.

"Starbucks is the originator, they sold this culture," Lee said.

"It's a culture where coffee shops have become a place to hang out, get work done and not spend a lot of money doing it, and it's something many college students have joined in on," Lee said.

Many students and faculty have not only grown to love coffee for its taste and caffeination but also for the social aspect, Swancutt said.

Dr. Charles Figura, a physics professor, visits the Konditorei daily and said coffee tends to draw people together, and he considers it comfortable and relaxing.

"There's something social about sitting with a coffee drink in hand," Figura said.

"It's stimulating and kind of like sitting and breaking bread with someone. It's the perfect chance to sit back and take a break," Figura said.

As with anything, overconsumption of coffee may have negative health effects on students and faculty, Megan McMillin, Noah Health Clinic physician's assistant, said.

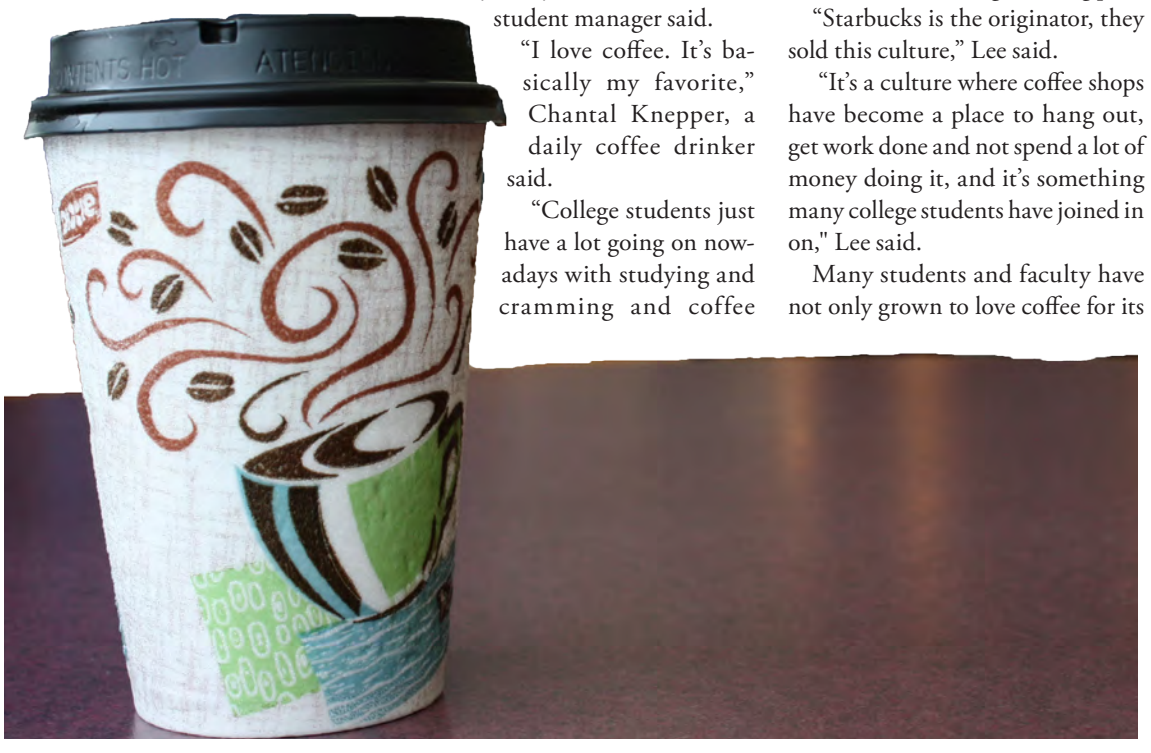
Because of the high caffeine, sugar and calorie levels, coffee can sometimes cause heart issues, anxiety attacks, jitteriness and messed-up sleeping patterns, McMillin said.

"The main concern with college students and coffee drinking would be the poor sleeping patterns and how much easier it is to get sick and breakdown from a lack of sleep," McMillin said. "Moderation is definitely key."

McMillin recommended moderate coffee drinking and getting enough sleep as well as eating healthy and exercising so they don't need that caffeine boost.

With busy schedules picking up throughout the semester and sleep becoming less of a necessity for students, Libbey Schubert said her coffee in the morning is a must.

"My first thought when I take my first sip of coffee is I hope I made it strong enough," Schubert said. "It's refreshing and it's just a great start to my day."



Students and faculty will wait in line, socialize and drink coffee at the Konditorei— **Sarah Boraas**/ *TRUMPET*

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Lacrosse team holds first practice

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Sarah Kielly works on her lacrosse throw during her very first lacrosse practice. — **Alyssa Noble**/*TRUMPET*

It was an important day in Wartburg College athletics history as the first women's lacrosse practice took place in Levick Arena Wednesday, March 19.

Fourteen students gathered at 6:15 a.m. to begin the new lacrosse program, which will play its first game in the spring of 2015.

It was the first time that any of the women had even held a lacrosse stick.

"None of us have done this, so it's learning a whole new game," said first-time lacrosse player Kayla Nielsen.

Despite no one knowing anything about lacrosse, head coach Danielle Fiala was able to convince the students to give it a try.

Curiosity was what got Sarah Kielly try lacrosse.

"Lacrosse is a sport that I've just heard about. I've never seen it played or anything," Kielly said. "So I just wanted to find out what it's about."

Nielsen was convinced after talking with Fiala.

"I think the fact she was so enthusiastic about it made me want to come out and try it because she was really excited about it, so it kind of got me excited about it," Nielsen said.

Even though the women are new to the sport, they are not all new to athletics, Fiala said.

The players started with the basics for the first practice. They learned how to hold a lacrosse stick and how to catch and throw.

Each player's first catch and throw were recorded.

"I'm going to keep it, and then once we're done working at the end of this school year to show them how far that they've grown," Fiala said.

There are high hopes for the players' future.

"These girls have a great attitude and I can see a ton of potential out there with hand-eye coordination," Fiala said.

The students see improvement in their lacrosse skills already.

"It's really fun for me," Kielly said. "I think it's going really well. We're all catching on to it really fast."

Although they are feeling better about lacrosse, they still have a lot to learn.

"I think we're getting more confident every day, but we have a long way to go. A really long way," Kailey Kaestner said. "It'll take time, but we'll get there."

Recruiting has been going well for Fiala, but she's been having to look a little further than Iowa.

"We've had quite a few girls that have come and visited that have played lacrosse before," Fiala said.

"To have these girls on campus is huge. That's going to help us out tremendously."

There are 12 players on the field at a time and right now they only have 14 players.

The players encourage anyone who is thinking about joining the lacrosse team to go for it.

"Do it. You don't want to miss out on an opportunity," said Kaestner.

Top-seeded Loras hands Wartburg season-ending defeat

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The second-half run that had to be coming, the run that Wartburg needed, never happened Thursday night.

Top-seeded Loras (18-8) carried a 39-26 halftime lead to a 64-51 victory in front of 512 at the Athletics and Wellness Center to advance to the Iowa Conference championship to against Coe and eliminate Wartburg (12-15) in the IIAC tournament semifinals.

Knights' head coach Bob Amsberry watched with optimism as his team continually made defensive stops, but could not score on the other end to make a comeback and keep their season alive.

"We got several stops in a row and we could never really hit a big shot or get a big play on the offensive end," Amsberry said. "We could never capture any momentum."

Wartburg got within 11 after Alyssa Sager's driving layup with 6:31 to go, and after Holly Halstead stole the ball from Kathleen Cabrera, it seemed like the run was finally about to show up.

But then Sager's transition 3-pointer narrowly missed, Kailey Kladivo missed the front end of a one-and-one after an offensive rebound and Katie Langmeier scored inside 12 seconds later to put Loras up 13 and silence any Knights momentum.

Bobbi Burrows looks to pass around a Loras defender in the Knights' loss to Loras in Dubuque Thursday night. — **Justin Szykowny**/*TRUMPET*

The Knights shot just 27.3 percent in the second half including a 0-for-5 mark from beyond the arc as their four-game winning streak was snapped by the IIAC regular season champs.

"We really sputtered. Loras is good defensively," Amsberry said. "It got hard for us and we kind of started to try to do too much individually rather than as a team."

Sager scored a game-high 19 points, but only played 12 minutes in the first half after being whistled for two charging fouls in the first 10 minutes. She scored eight points during a 10-0 Wartburg run that gave them a 12-7 lead with 14:20 to go in the first, but didn't score again until the second half.

"It softened her because she had to then be careful," Amsberry said.

"That's part of the game and we've got to be able to adjust. We've got to have some other people step up."

During that stretch, the Knights began to turn the ball over. They committed 14 first-half turnovers that led to 22 Loras points — 56 percent of its first half total — as the Duhawks outscored Wartburg 32-14 over the last 14 minutes.

"We'd turn it over and then we'd be out of position and foul or give up easy baskets," Amsberry said.

"It was us not moving the ball well. Our spacing was bad. We were trying to make plays rather than letting plays come."

Loras, which will host No. 2 seed Coe in the championship Saturday, only shot 38.7 percent and was 3-of-11 from distance, but attempted 19 more shots than the Knights thanks to turnovers and 14 offensive rebounds.

"Those were back-breakers whenever they get offensive rebounds," Amsberry said. "It gets tough."

Point guard Katilin Phillips led three Duhawks in double figures with 17 while Victoria May added 12 and Katie Langmeier finished with 10 points and 11 boards.

The game had a much different feel than the Feb. 8 regular season meeting at the AWC, when the Knights shot 43.1 percent and only committed 10 turnovers in a one-point overtime loss.

Amsberry said Wartburg's offense was in a much better flow that day and for most of the last month of the season compared to Thursday.

Loras' was in a flow, though, Thursday. The Duhawks had 16 assists compared to the Knights seven.

"I thought there were some big plays that they made and we didn't that just kind of take the wind out of our sails," Amsberry said.

Wartburg's Holly Halstead finished with 10 points including two 3-point plays in the final minute, and Kailey Kladivo scored nine points on a rough shooting night (3-12) while also hauling down six rebounds.

Third-ranked Knights have national title aspirations after 12th IIAC title

◂ continued from p. 8

In the field events, Kayla Hemann took the shot put (13.92 meters) and weight throw (16.43) while Kailey Kladivo won the high jump with a jump of 1.64 meters just two days after competing in the IIAC basketball semifinals against Loras.

Hemann was named the conference's most outstanding field performer.

Tashina McAllister won the 55 meter hurdles in 8.27 seconds. Sammi Bruett ran away with the 3,000 meter run with a time of 10:15.15.

Mia Purnell also earned points for the Knights, winning the pentathlon with 3,264 points.

After qualifying for the indoor and outdoor national championship in the 4×400 meter relay last year, coaches encouraged Taylor Moore to work on individual times for this year. It paid off after winning the 800 meter run with a new facility record of 2:14.72.

"We tried to get her across that hurdle to have those high expectations that says to not come out with pressure and just be confident and she has the ability to do it," Newsom said. "She was able to come through with that today."

One of the best surprises on the women's side was senior Libbey Schubert, who won both the 200 (25.13) and 400 (57.19) meter dashes for the Knights while helping the 4×200 (1:42:49) and 4×400 (3:56.17) relay teams capture titles.

"She really came back to school this fall with a serious focus of what she wanted to get done and she's been able to do it. That's been the fun part, the special part about it," Newsom said. "She's really been able to lock in and keep her focus and be driven to be an individual All-American."

After getting a taste of nationals last year in the 4×100, Schubert, who was recognized as the conference's most outstanding runner, will be back in four events this time around.

"It feels like hard work is finally paying off," Schubert said.

The goal for Schubert and the rest of the third-ranked Knights is simple.

"To show the rest of the country what we're made of and what we've been doing every day at practice," Schubert said.

Jumping over No. 1 UW-La Crosse and No. 2 UW-Oshkosh to win a fourth indoor national championship in Lincoln, Neb. in two weeks wouldn't be a bad place to start, either.

"Our ultimate goal on the women's side is to win a national title, simple as that," Newsom said. "No ifs, ands or buts about it, that's what our goal is."

CHAMPIONS

Wartburg's Jonas Elusme competes in the high jump during Saturday's IIAC indoor track and field championships at Luther College. — **Lucas Wendland**/*TRUMPET*

Libbey Schubert (front), Kayla Kregel (middle) and Ashlee Downs (back) finished 1-2-4 in the 400 meter dash at the IIAC championships. — **Lucas Wendland**/*TRUMPET*

An official raises Kenny Anderson's arm after he defeated top-ranked Evan Obert in the regional final in Dubuque Saturday. — **Nathan Ford**/*TRUMPET*

Men hold on for IIAC crown

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After taking second in last year's IIAC Indoor Track and Field Championships to Central and down again to the Dutch after day one this year, the 13th-ranked Wartburg men's track team didn't press, didn't rush things and stuck to the plan.

"Once day one is over with you just got to move on," Wartburg head coach Marcus Newsom said.

Down 63-52 after Friday night, the Knights came back Saturday, claiming seven individual titles to win its eighth IIAC title, finishing with 188 team points — 18 1/2 in front of No. 12 Central.

Jonas Elusme won three field events: the high jump (2.12 meters), long jump (7.21) and triple jump (13.83) and finished second in the 55 meter dash in a time of 6.62 seconds. Colt Feltes won both the shot put (16.90 meters) and weight throw (18.13).

Elusme and Feltes were named co-MVPs of the field events.

Daniel Bonthius won the team's only individual track title in the 800 meter dash in a time of 1:55.10 and Jacoby Firkins won the heptathlon, finishing with 4,682 points.

Elusme broke his own championship record from a year ago in the high jump.

"Today was just a true blessing. Anytime I get to come out and compete with my teammates, support them and have fun it's a blessing," Elusme said. "It's a way to go out my senior year so I try to make it special."

The 55 meter dash was an event Elusme didn't plan on competing in earlier in the year, but after running sprints for assistant coach Stephanie Barnes to increase power in the jumps, he decided to give it a shot.

"This actually was supposed to be just for strictly training purposes," Elusme said. "It turns out I was somewhat decent at it so we stuck with it and I'm just happy that I was able to score some points for the team."

Newsom, named the IIAC men's indoor coach of the year, feels optimistic the team will compete well at the NCAA championships in Lincoln, Neb. in two weeks.

"We need a little bit more help and we need to get a couple more guys in there but I think we're getting close and I think we are getting things figured out," Newsom said.

Elusme hopes to make the most of his last year.

"I expected big things and I never tried to settle for anything less," Elusme said. "I'm just hoping that I go out with a bang and my team goes out with a bang."

Kayla Hemann in the weight throw. — **Lucas Wendland**/*TRUMPET*

Women cruise

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The Wartburg women scored 282 points, twice as many as any other team in the field Saturday to take its 12th straight Iowa Conference indoor track and field title. Loras finished second with 97 points.

"I think we ran tight, competed tight (Friday) and we don't have to," Wartburg head coach Marcus Newsom said. "We got through the preliminary rounds and the sprint races and we were able to come back and just kind of relax a little bit and compete (Saturday)."

The Knights claimed 11 titles over the weekend — nine individual champions and two relay crowns. After Saturday's crown, Newsom and the Wartburg women's track team have won 30 consecutive indoor and outdoor conference championships.

▸ **Third ranked Knights p. 7**

Wrestling wins region, sends nine to nationals

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Kenny Anderson had that look in his eye again Saturday.

Well, when it wasn't half-covered by a bandage to stop bleeding in the final minute of his regional championship bout.

The two-time defending NCAA champion avenged regular season losses to No. 2 Jimmy Gotto of Coe in the NCAA Division III Central Region semifinals and No. 1 Evan Obert of Luther in the final to win his second straight regional title and be named the tournament's most outstanding wrestler.

He was one of six Wartburg wrestlers to win a region title at Dubuque's Five Flags Center Saturday and one of nine to qualify for the NCAA Championships in Cedar Rapids March 14-15 as the top-ranked Knights rolled to their second straight region championship with 159 points.

Gilberto Camacho tries to escape from Central's Daniel Page in the Central Region 125-pound final at Dubuque's Five Flags Center Saturday. — **Nathan Ford**/*TRUMPET*

Anderson never trailed in 4-2 and 6-3 decisions over Gotto and Obert after winning his first two matches Saturday by fall and major decision.

"It was all about confidence, really," Anderson said.

The senior's 51-match winning streak was snapped by Obert in Jan. 16 and Gotto pinned the injury-riddled Anderson Feb. 14.

"I think the pressure was more on (my opponents) as they knew I was hungry in those rematches," Anderson said. "For me, revenge was motivation."

Keller finally saw a healthy, confident Anderson on Saturday.

"It was awesome just seeing the look in his eye, the determination," Keller said. "Having him back as him…it's a sparkplug for everybody and that's what we needed."

Top-ranked Gilberto Camacho (125) and Landon Williams (174) also defended their region titles as did No. 3 Cole Welter at 165, joining Anderson, Connor Campo (141), No. 9 Mark Pinero (149), No. 5 Brett Yonkovic (157), No. 4 Puna Soriano (197) and No. 2 Ryan Fank (285) as NCAA qualifiers.

Camacho improved throughout the day that began with a 7-2 decision over Augustana's Jimmy Panozzo and ended with a dominating 12-4 major decision over No. 10 Daniel Page of Central.

"My first two matches, I didn't think they were my best, but I was happy toward the end," Camacho said.

Williams was dominant, winning with a pin in the quarterfinals, tech fall in the semifinals and a 13-2 major decision over No. 3 Ethan Ball of Coe in the finals.

"He's confident with what he's doing and where he's at," Keller said. "The guy's gotten better from each position and it's showed."

Wartburg wrestlers were 6-1 in the finals.

Pinero and Yonkovic battled back from semifinal losses to place third and qualify for nationals.

Wartburg could not qualify all 10 wrestlers for a fifth straight year as Gerard Roman lost the third-place match at 184.

The Knights will be the favorite in two weeks and for Keller, there was no better time than Saturday for Anderson to return to his championship-winning ways.

Perhaps it's no coincidence the rest of his teammates stepped up, too.

"I felt like this, today, was the best that we've wrestled all year long," Keller said. "This is what we've been trying to get to is to have these guys wrestle like they did today."